

Life Resolutions

ANXIETY

Being anxious prior to an important test, public speech, or stage performance is a normal occurrence among many when it comes to dealing with a situation with an uncertain outcome. For some of us, however, anxiety is not only part of a preparation for something unknown. Instead, it is something that immobilizes, overwhelms, and disables them from functioning well on their day-to-day tasks.

Millions of people suffer from anxiety and there are millions of others who remain undiagnosed, completely leaving them in the dark regarding the truth of their condition. We at *Life Resolutions* are here to help you in dealing with your anxiety problems.

What is anxiety?

Anxiety acts as a human radar on dangerous situations that usually require a fight, flight, or freeze response. It notifies us that we should be fearful or alert in order to heighten our sense of awareness to our surroundings for any signs of potential threats and predators. While this only occurs during life-threatening situations, anxiety is the main reason why some people stop attending work and school. In fact, anxiety is the most common mental disorder that affects one in every 13 people.

The effects of anxiety on an individual can vary from person to person, however, severe anxiety can cause you to not leave your room for days or weeks at a time—a clear sign that such a thing isn't normal at all and it shouldn't be any person's way of living.

What are the symptoms of an anxiety disorder?

The symptoms of depression can be easily dismissed for typical nervousness. However, the deal breaker comes when this anxiety goes haywire—completely overwhelming you and prohibiting you from functioning normally:

- You have increased heart rate
- Your hands start to feel clammy
- You experience nausea
- You suffer from hyperventilation during intense moments
- You feel dizzy or like you are about to faint whenever you feel nervous
- You have a sense of impending doom
- You have panic attacks
- You feel fidgety in public places or social events

Anxiety can make you feel as if you're over the edge all the time, a similar feeling to drowning and constantly gasping for air, or that it feels like you're falling from a great height but you

never seem to meet the ground. Anxiety is paralyzing and undergoing treatment for this mental condition can help you understand yourself more.

How can we help you obtain the right treatment for anxiety?

We here at Life Resolutions have a team of efficient psychologists who can help diagnose your current mental state. Having been able to deal with similar patients, we know how we can truly help you in being able to formulate a program perfectly tailored for you.

Under our supervision, you will soon be able to get back on track and find the peace of mind you have been longing to attain.